



## WellPath Coaching Progress Notes for Health Enhancement Goal (HEG)

WellPath Participant's (WP) Name: \_\_\_\_\_ EmpID: \_\_\_\_\_

Contact information: Phone: \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_

Coach (WC): \_\_\_\_\_ FU frequency: \_\_\_\_\_ F2F Phone Email Web Other: \_\_\_\_\_

### **Health Enhancement Goal (HEG):**

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Projected completion date: \_\_\_\_\_

Completion measure (SMART): \_\_\_\_\_

Confidence Index (circle): 1 2 3 4 5 6 7 **8 9 10**

Primary strategies (3 minimum):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Attach action plans and short-term goal forms